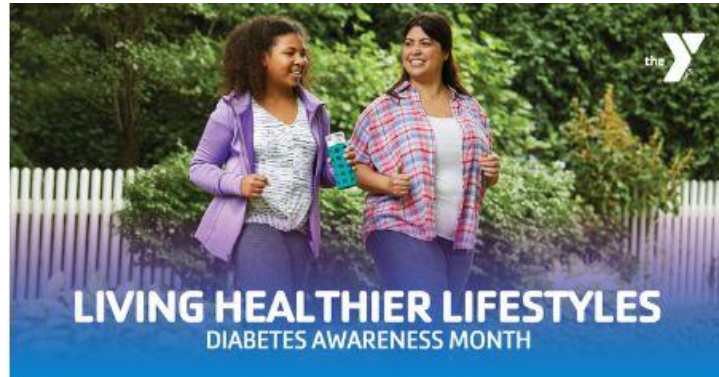




INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

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YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | **November**
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Did you know that of the 98 million Americans who have prediabetes, more than 8 in 10 adults are not aware they have it? November is National Diabetes Awareness Month, and the YMCA of Florida's First Coast is encouraging Northeast Florida residents to understand their risks for prediabetes and type 2 diabetes and steps to take to prevent the disease.

First, we invite you to take the 60-second Centers for Disease Control and Prevention (CDC) and American Diabetes Association's risk test to find out if you're at risk: <https://diabetes.org/diabetes/risk-test>.

Next, we are sharing a handful of lifestyle changes that contribute to weight loss and healthy living can decrease the risk for type 2:

Talk to Your Doctor

Use this moment as a reminder to talk to your health care provider about your diabetes risk factors. This is especially true if you have a family history or are overweight.

More Fruits and Veggies

Try incorporating more fruits and vegetables into your day! Eating a colorful array of healthy foods can have a huge impact on your overall health. There are some great fall recipes available including vegetables that are in season this time of year – get creative in the kitchen!

More Lean Proteins

Basic lifestyle changes – such as choosing fish, lean meats and poultry without skin - can contribute to weight loss and decrease the risk for type 2 diabetes. Check out some healthy and delicious ways to prepare these proteins at <https://diabetes.org/>.

Grain Power

There's power in grain! Aim for whole grains with every meal. A whole grain sandwich filled with fresh veggies and lean meat is both filling and delicious.

150 Minutes of Movement

Small steps matter. Build up to 150 minutes of physical activity per week. You can start with a simple walk each day or check out our Y's exciting group fitness class schedule. The key is to just keep moving!

Drink More Water

Basic lifestyle changes, like drinking water instead of drinks with added sugar, can contribute to weight loss and decreases the risk for type 2 diabetes. Carrying and refilling a reusable water bottle is an easy way to keep thirst (and sugary beverage temptation!) at bay.

If you're at risk of developing type 2 diabetes, there is something you can do about it. The YMCA of Florida's First Coast offers the YMCA's Diabetes Prevention Program which helps participants achieve healthy eating, regular physical activity, and modest weight loss—all of which have been shown to reduce the risk of developing type 2 diabetes. Learn more: www.fcymca.org or email myhealth@fcymca.org



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT WIDLIGHT | 251 Breezeway Street | 904.849.9622 | **November 2024**

NOVEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org.

TECH 101

Monday, November 4th, 12:00 – 1:00pm, Lobby

Bring your phone, laptops, iPad, tablet etc. as we help you download, navigate and explore new ways to operate technology, helping you stay connected with friends, family and news.

Spaghetti Dinner, Dessert Server

Wednesday, November 6th, 5:00 – 7:00pm, Teen Center

Come join us as we serve our members and their families dinner. We will also play games! If you would like to bake a dessert to be served, you are more than welcome to do so - PLEASE just be sure that it is PEANUT FREE. Sign-up sheet for desserts will be at our Membership desk. Spaghetti dinner will be free for servers.

Cooking Demo with Feeding Northeast Florida

Thursday, November 7th, 12:00 – 1:00pm, Teen Center

Come enjoy a cooking demonstration focused on healthy habits and cooking confidence!

Week of Valor for Veterans: Coffee and Connections

Monday, November 11th, 11:30am – 12:30pm, Lobby

Come join us as we enjoy coffee, bagels, pastries and conversation with our local Veterans!

Game Day: Coffee, Coloring, and Cards

Tuesday, November 12th, 9:30 – 10:30am, Lobby

Stop by for a cup of coffee and a few card games, such as Go Fish, I Declare War, Match etc.

BINGO!

Thursdays, November 14th & 21st, 11:30am – 12:30pm, Teen Center

Who doesn't love a classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO!

Arts and Crafts: Knitting with Mrs. Carol

Thursday, November 14th, 2:30pm – 3:30pm, Studio B

Come join Mrs. Carol as she teaches use fun, simple, and some holiday-themed knitting! Everything will be provided. **PLEASE be sure to register for this class by November 11th so we can get a head count for material purposes.**

Coffee and Convo...with Coloring

Tuesday, November 19th, 9:30am – 10:30pm, Lobby

Stop by for a cup of coffee, color a coloring page, and chit chat about your week or upcoming plans!

Potluck: Thanksgiving

Wednesday, November 27th, 12:30 – 1:30pm, Teen Center

Come enjoy some delicious food and conversation as we celebrate Thanksgiving with our Y family! The food sign-up sheet will be at our Membership Desk.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win Y swag!
Pick up your card at the Welcome Center today!